



Idaho Child Nutrition Programs

April 2014

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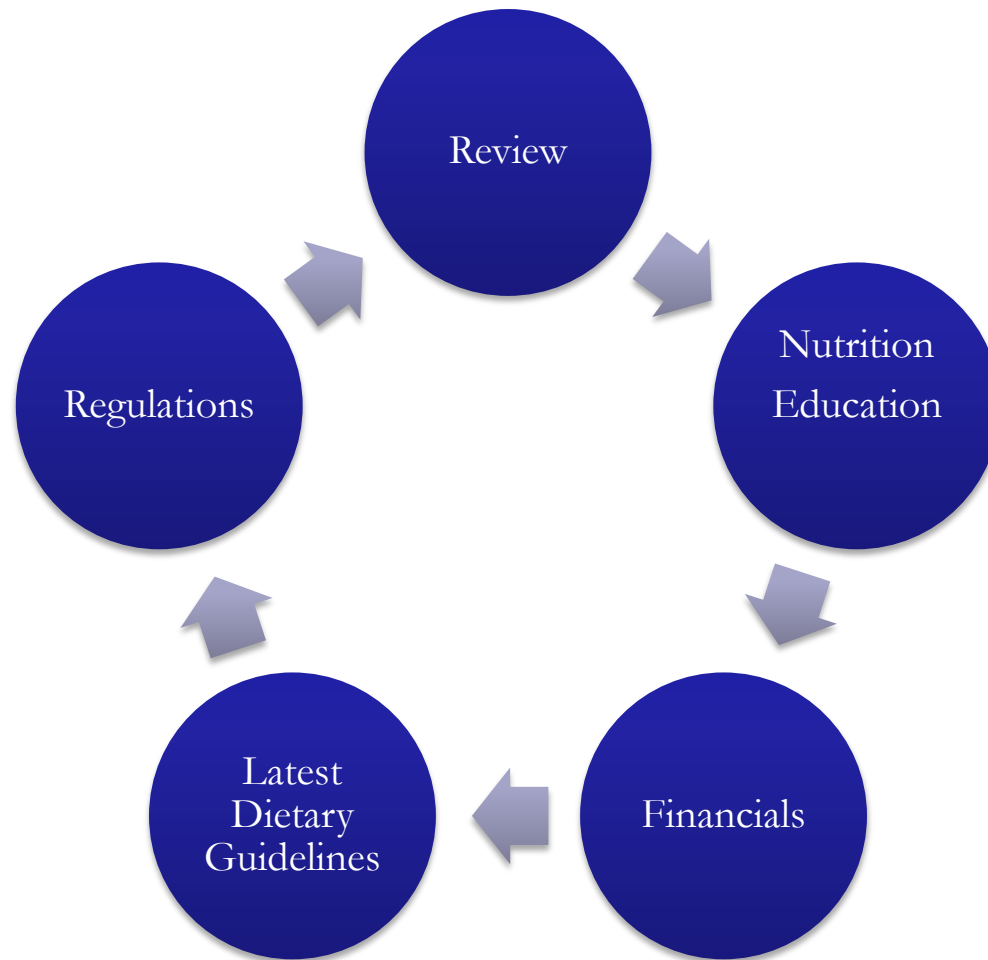


CFR “Code of Federal Regulations”

These are the federal regulations that the USDA Child Nutrition Programs follow to run the programs.



Idaho Child Nutrition Programs



Programs we administer...

- National School Lunch
- National School Breakfast
- Child and Adult Care Food
- Summer Food
- Food Distribution
- Special Milk
- Camp Milk
- After School Snack
- At-Risk Snack
- At-Risk Supper
- Fresh Fruit & Vegetable





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Fresh Fruit and Vegetable Program

FFVP

[LEARN MORE](#)



National School
Lunch Program



Special Milk
Program



Child & Adult Care
Food Program



Summer Food
Service Program



Fresh Fruits &
Vegetables Prog.



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USDA
Foods



State
Guidance



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Nutrition



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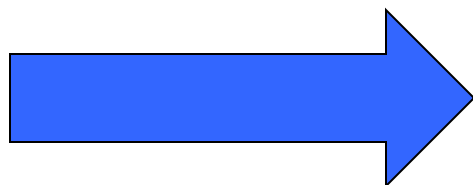
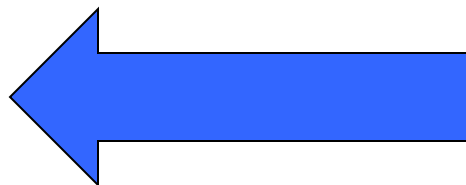
Child Nutrition Programs
Staff Information

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CNP training
& program videos

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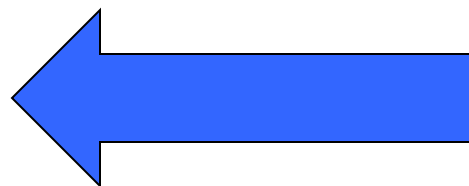
Chef Designed Recipes
for School Lunch.

[Learn More](#)



Idaho School Gardens
Cultivating Nutrition & Learning

[Learn More](#)





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Ten school meals designed by a Chef and Dietitian that appeal to students and utilize a wide variety of UDA Foods.

Fifteen Chef Designed recipes for school lunch featuring the following USDA Foods: Black Beans, Whole Grain Pasta, Pollock, Canned Cherries, and Frozen Broccoli.

Chef Designed School Meals

A two week cycle of school meals designed by a chef and dietitian and tested and approved by Idaho students. The menus have been planned to meet the new USDA Meal Pattern and use three to ten USDA Foods in each meal. *Meal equivalents may vary depending on the brand of product used; use the labels or Food Buying Guide to determine exact quantities needed for your school's brand.*



tion Programs




DOWNLOAD THE CHEF DESIGNED SCHOOL LUNCH BOOK [HERE](#)

**Chef Designed School
Lunch Cooking Demos**

[VIEW HERE](#)



Chef Designed School Lunch Cooking Demos

-  [View Introductory Video of the Chef Design Lunch Book](#)

CHEESEBURGER SALAD WRAP



 [View Video](#)

BBQ ROASTED CHICKEN



 [View Video](#)

THAI CHICKEN & BASIL
BARLEY



 [View Video](#)







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HealthierUS Challenge



Can You Meet the Challenge?

Are You Ready to be a Gold Award School?

The HealthierUS School Challenge was established to recognize schools that are creating healthier school environments through their promotion of good nutrition and physical activity. Four levels of superior performance are awarded: Bronze, Silver, Gold, and Gold of Distinction for both elementary and secondary schools.

The overarching goal of the HealthierUS Challenge is to improve the health of the Nation's children by promoting healthier school environments. To help meet the goal, the Challenge identifies schools that have made changes to the school nutrition environment to:

- improve the quality of the foods served,
- provide students with nutrition education, and
- provide students with physical education and opportunities for physical activity.

Are You Ready to be a Gold Award School?

The Idaho Child Nutrition Programs encourages you to go for the Gold in the HealthierUS School Challenge! This is a way to provide your students with the healthiest meals possible and get recognized for all of the great, hard work that you do! This website provides a variety of resources to help your school meet the requirements of the HealthierUS Challenge and apply for an award.

HealthierUS Challenge Monthly Webinars

Idaho CNP will be offering monthly webinars on the HealthierUS Challenge, check back regularly for scheduled webinars and archived webinar recordings.



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Child and Adult Care Food Program (CACFP)

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School Wellness Policies



Schools play an essential role in creating a healthy environment for students to grow and learn every day. Schools not only provide nutritious meals and time for physical activity, but they also educate Idaho's children about the importance of nutrition and physical fitness. There is a growing body of evidence demonstrating that good nutrition and physical activity contribute to improved academic performance, attendance rates, behavior and lifelong health and well-being.

Wellness Policy Requirements:

Federal legislation requires school districts to implement a local wellness policy that must include:

- Goals for nutrition education, physical activity and school-based activities to promote student wellness;
- Nutrition guidelines for all foods available on the school campus and for school meals;
- A plan for measuring implementation of the policy; and
- Involvement of parents, students, school administrators and members of the school board and the community.

For more information on the School Wellness Policy Requirements read [Section 204 of Public Law](#)






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Farm To School



The State Department of Education, Child Nutrition Programs and the Idaho Preferred Program supports Farm to School Programs in the State of Idaho. Farm to School Programs are growing in Idaho, several schools throughout the state participate in this program.

GROWING FARM TO SCHOOL

 PDF FILE



Click Here

Food of The Month Posters



Click Here

Farm to School Manual





Click Here

School Gardens



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[DOWNLOAD BOOK HERE](#)



44.3 MB

HOW OUR GARDENS GROW

CULTIVATING NUTRITION & LEARNING THROUGH IDAHO SCHOOL GARDENS



[EXTEND GROWING SEASON](#)



[Click Here](#)

New School Gardens in Progress

Click each site below to view photos of each school garden program as they grow.



[Introduction](#)



[Skyway Elementary](#)



[Clearwater Valley](#)



[Pat Andersen](#)



**School
Gardens**




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Statistics & Finance



Presentations

 [CNP Fiscal Information as of March 2012](#)

Evaluating Financial Status

 [Financial Tips](#)

 [Indirect Costs Guidance Manual](#)

Three Month Operating Balance

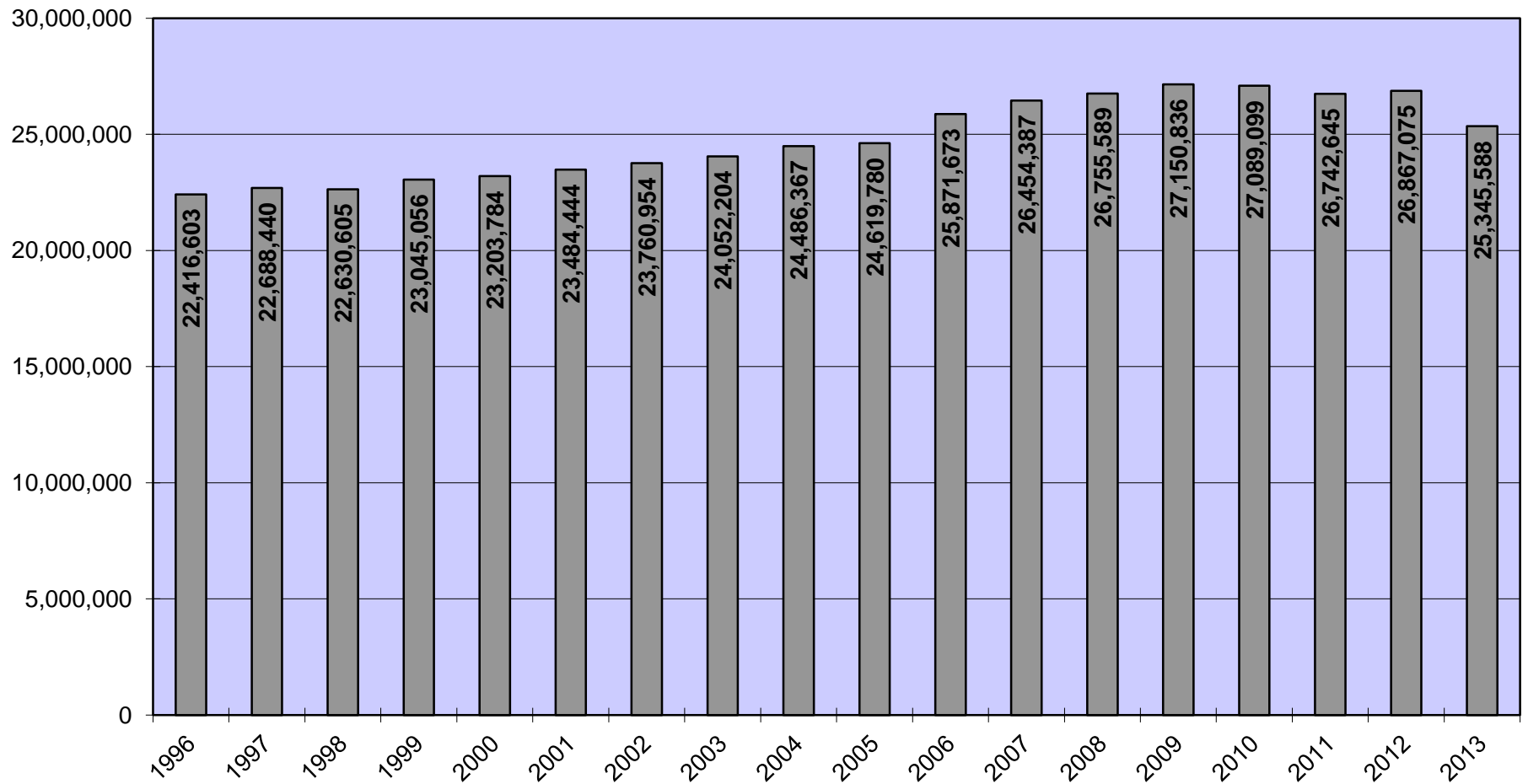
 [CAP Return Form](#)

State Match

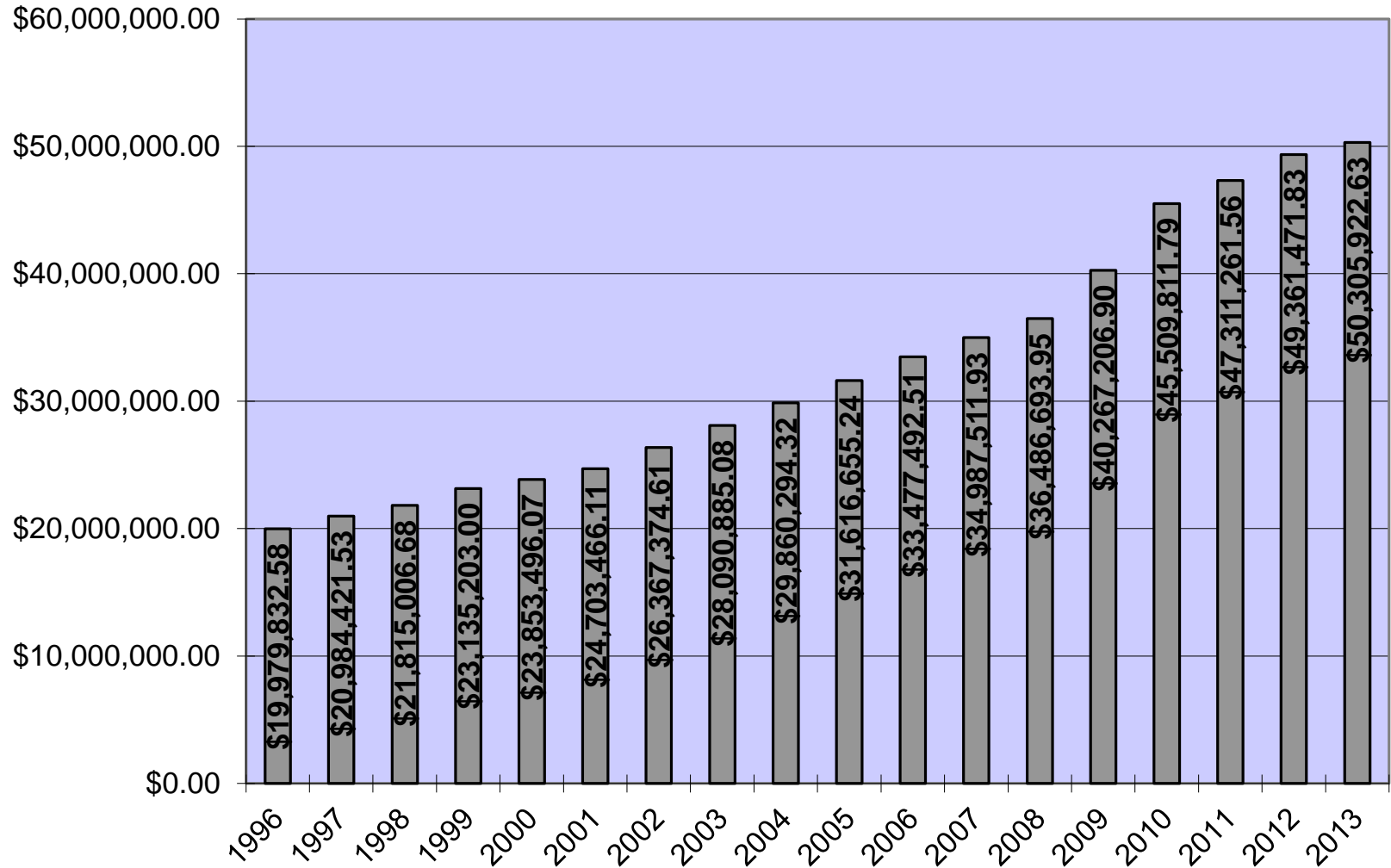
 [Senate Bill No. 1379](#)

 [FY12-FICA-Match-Cover-Letter](#)

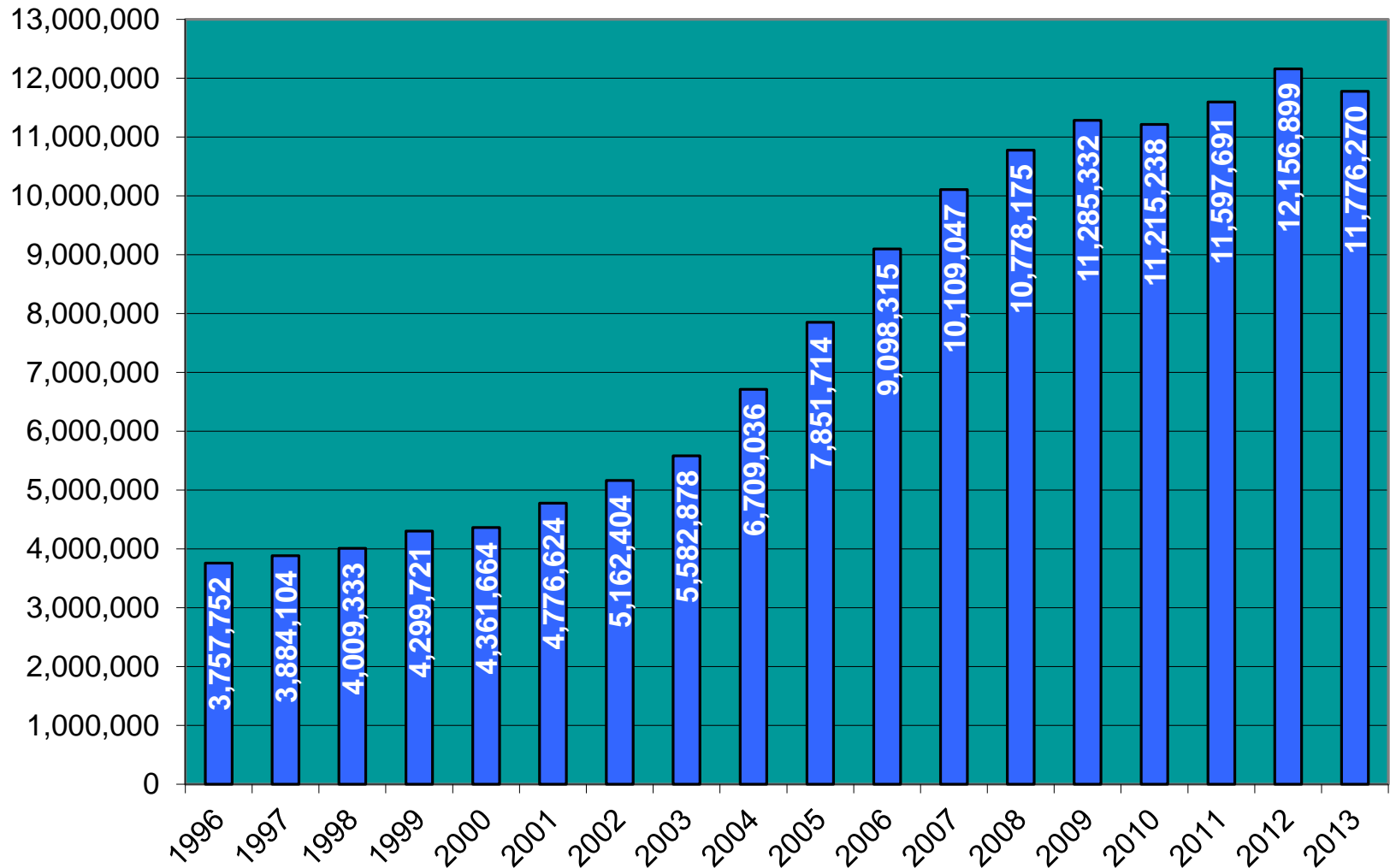
Idaho State Department of Education
Child Nutrition Programs
NSLP – Number of Lunches Served



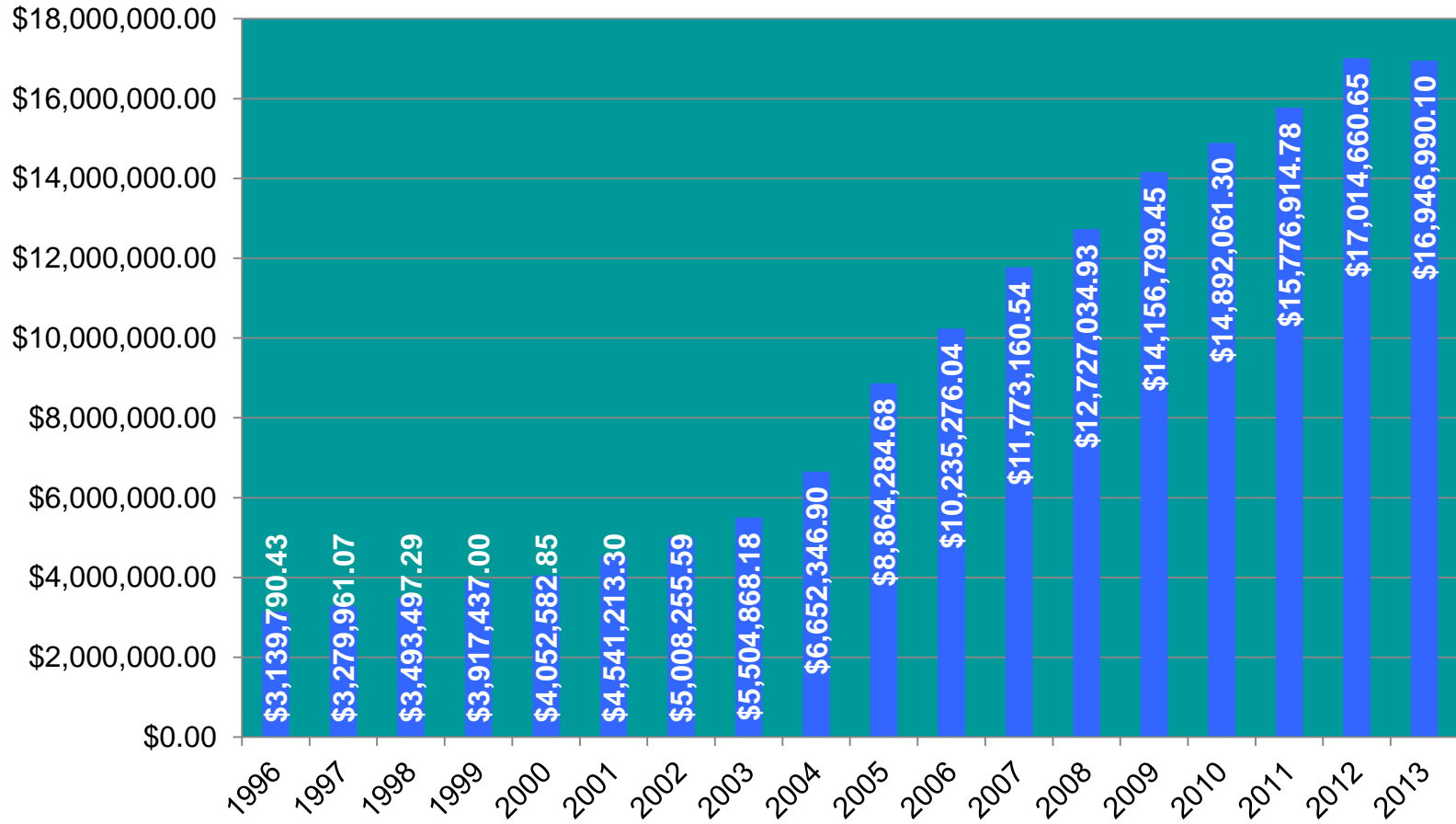
Idaho State Department of Education
Child Nutrition Programs
NSLP Lunch Reimbursement



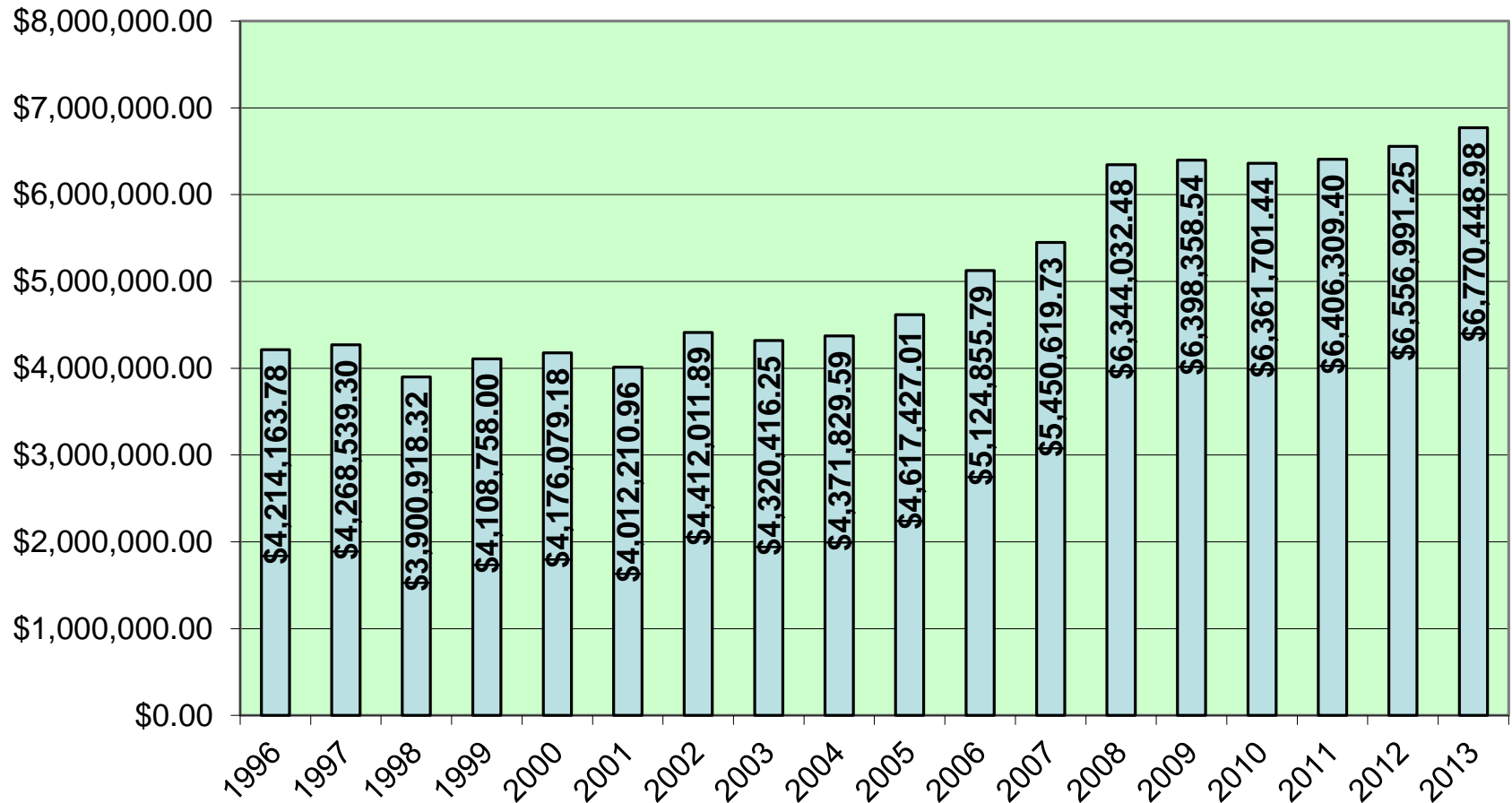
Idaho State Department of Education
Child Nutrition Programs
NSLP – Number of SBP Breakfasts Served



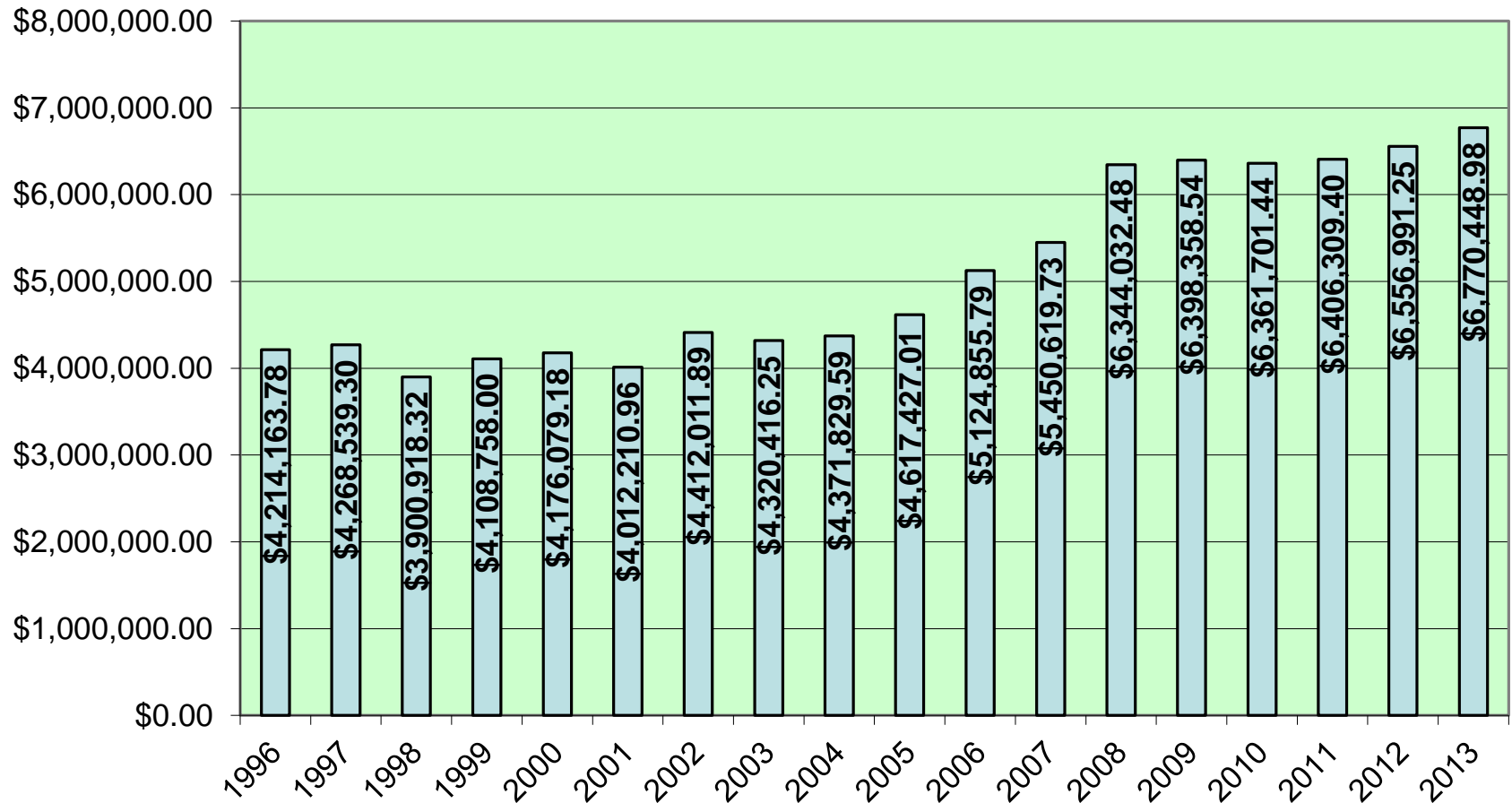
Idaho State Department of Education
Child Nutrition Programs
NSLP SBP Breakfast Reimbursement



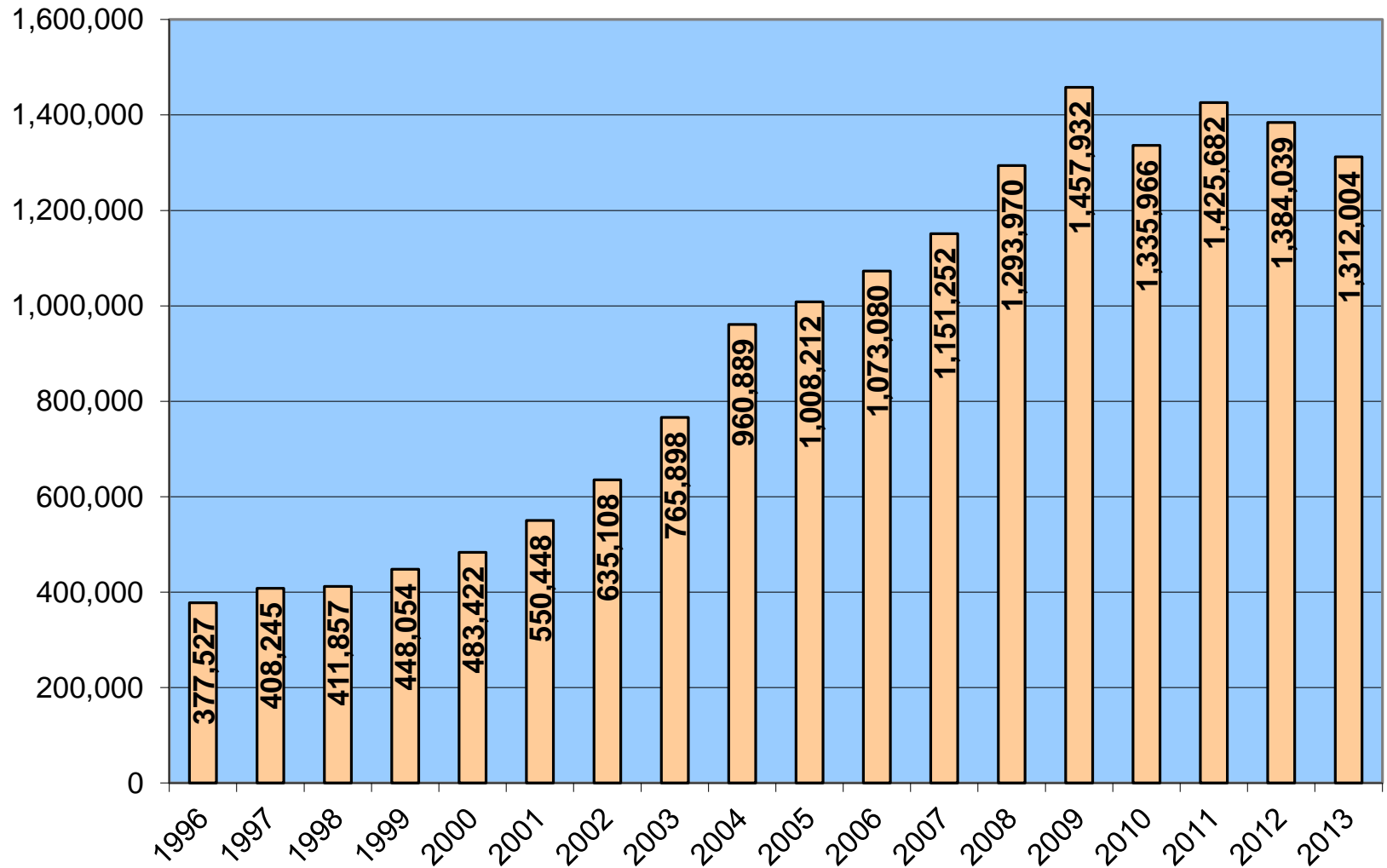
Idaho State Department of Education
Child Nutrition Programs
CACFP – Number of Meals Served



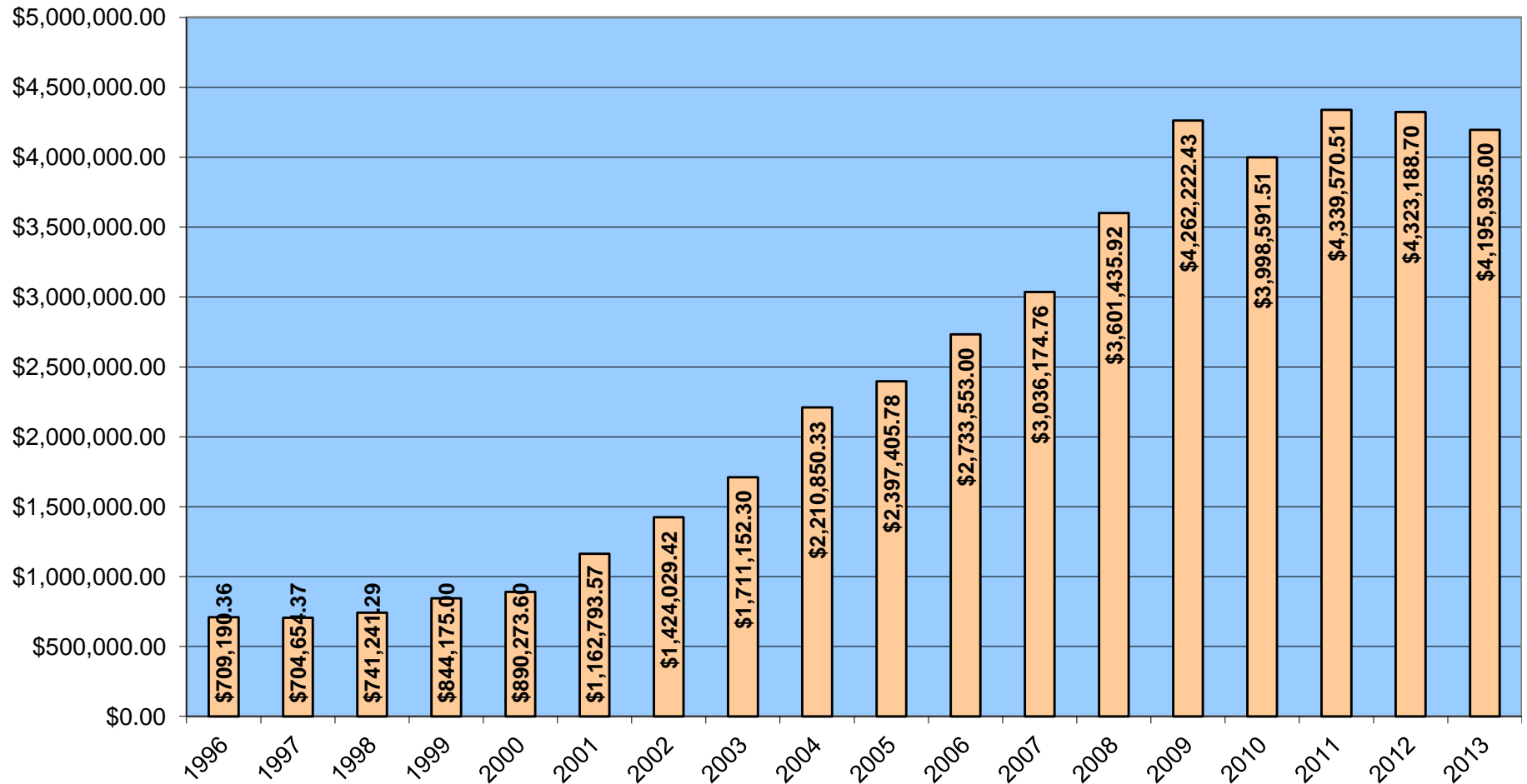
Idaho State Department of Education
Child Nutrition Programs
CACFP Reimbursement – Meals, Admin. & Cash in Lieu



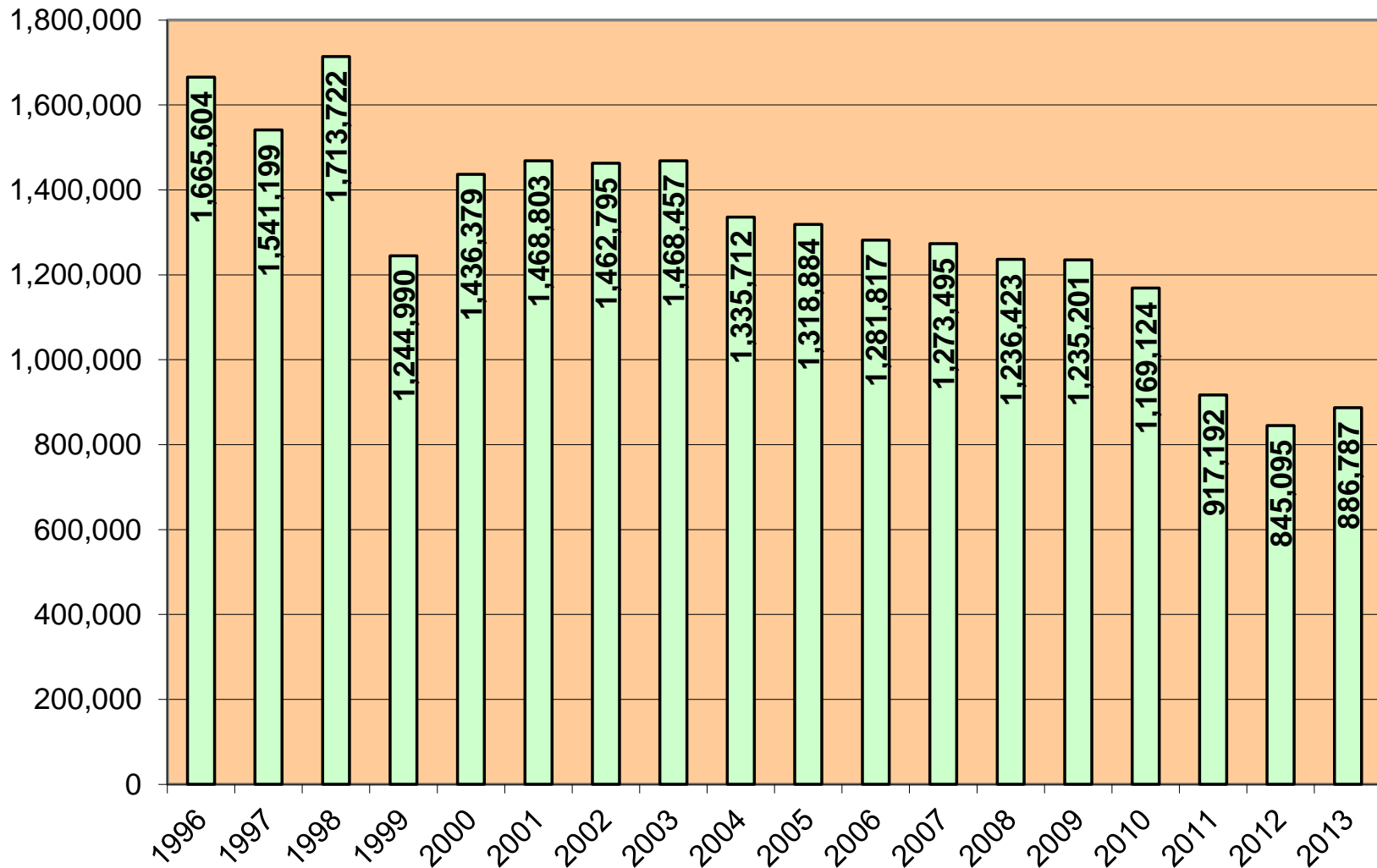
Idaho State Department of Education
Child Nutrition Programs
SFSP – Number of Meals Served



Idaho State Department of Education
Child Nutrition Programs
SFSP Meals & Administrative Reimbursement



Idaho State Department of Education
Child Nutrition Programs
Special Milk – Number of Half-Pints Served





Free & Reduced By District

Lunch Eligibility Data by District

[2013-14 Lunch Eligibility Data by District](#)

[2012-13 Free & Reduced Lunch by District](#)

[2011-12 Free & Reduced Lunch by District](#)

[2010-11 Free & Reduced Lunch by District](#)

Meal Price Information

[2013 Meal Price Report](#)

[Adult Meal Pricing](#)


School District Financial

[2011-2012 School District Financial](#)

[2010-2011 School District Financial](#)

[2009-2010 School District Financial](#)

<http://www.sde.idaho.gov/site/cnp/statisticsFinance/>

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CNP Lunch Eligibility Reports


[Home](#) | [Lunch Eligibility Data by District](#)

Welcome to CNP Lunch Eligibility Reports

At A Glance

The Lunch Eligibility Data by District Report reflects the school district data concerning lunch (Community Eligibility Provision). Because annual Free and Reduced applications are not ta percentages for these sites.

Please contact the Child Nutrition Program at (208) 332-6830 for any questions.






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 [CNP Child Matching](#)

[CNP Direct Certification Link](#)

 [CNP Data Validation](#)

 [Direct Certification Data Template](#)

 [Direct Certification Q & A](#)



At-Risk Afterschool Meals: It's more than Breakfast and Lunch


Statewide USDA Foods Recipe Contest Results

First Place

Fernan Falcons Chicken
Enchiladas with Rainbow Rice



 Contest Form

 Chicken Enchiladas

 Fernan Rainbow Rice

Second Place

Mexican Rocks




 Contest Entry

 Recipe

Third Place

Mario's Melt in Your Mouth
Cheese Pizza



 Recipe

 Contest Form

Team Nutrition Resources



“Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program”

Team Nutrition is pleased to announce the availability of printed copies of the Nutrition and Wellness Handbook for CACFP providers caring for children ages 2 through 5 years.

Child care providers, sponsoring organizations, and State agencies participating in CACFP or other Child Nutrition programs may request the free printed materials. This handbook includes a series of tip sheets, supplements, best practice success stories, and a list of resources that will help providers address nutrition and wellness goals for planned activities and meals served through CACFP.



Looking to create a healthier child care environment?

For More Information About the Nutrition and Wellness Handbook for CACFP Providers:

<http://www.teamnutrition.usda.gov/Resources/nutritionandwellness.html>

To Order Materials: <http://tn.ntis.gov/>



Fresh Fruit and Vegetable Grant

Over \$1,900 000 this FY.

Per the Farm Bill these figures
will continue to increase over
the next few years.



USDA Foods

(Food Distribution Program)

Pending Approval

- FY 13 – Delivered \$6,410,868
- Cash in Lieu (CIL) \$618,427
- NOTE: Includes Elderly Programs
- Total for this section
 - \$7,029,295





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Civil Rights



The U.S. Department of Agriculture (USDA) prohibits discrimination in all USDA programs on the basis of race, color, national origin, sex, age or disability.

Idaho Child Nutrition Programs (CNP) offers training and technical assistance to CNP sponsors and providers to assist them with their responsibilities regarding discrimination and harassment. CNP also conducts workshops on these and related subjects at state, regional and local program sites and conferences.

Future activities include developing outreach strategies and tactics aimed at inclusiveness and increased program participation.

[FNS 113-1 Instructions for Annual Training](#)

[Civil Rights Complaint Procedure](#)

[Civil Rights Requirements for all CNP Sponsors](#)

[Training Requirements and sign in form](#)

[Long and short non-discrimination statement](#)

[Sample Complaint Form](#)

[Civil Rights Complaint Log Spreadsheet](#)

[2010 Census Data Sheet](#)

[Special Needs](#)

[CACFP Civil Rights July 2011](#)

FILL YOUR TRAY THE PLATE WAY.

USE THE MY PLATE AS A GUIDE FOR YOUR FOOD CHOICES.



This institution is an equal opportunity provider. Developed by the Idaho Child Nutrition Programs.

ESTIMATING QUANTITIES FROM SELF-SERVE BARS

VISUAL EXAMPLES

Peaches, Canned



Grapes, Bunches



Broccoli, Florets



Baby Carrots



Lettuce, Chopped



Pinto Beans, Canned



Mozzarella Cheese, Shredded



Ham, Diced, USDA Foods*



*Based on USDA Foods products with 1/4 M/M equivalent. Refer to manufacturer information. M/M = Meat/Meat Substitute.
This institution is an equal opportunity provider. Developed by the Idaho Child Nutrition Programs.



The School Meal Tray has a new look this year

It features:

- An increased variety of fruits and vegetables
- More whole grains
- Grade-appropriate meat/protein servings
- A variety of low-fat dairy products
- Calories that follow the Recommended Dietary Allowance/Intake (RDA/RDI)

Why make this change?

Your school is on the National School Lunch Program (NSLP), a federal program run through USDA/FNS (Food Nutrition Services). The NSLP is a fiscally sound operation that uses federal funds to provide students a variety of healthy foods.

To join America in its fight against childhood obesity, USDA/FNS has updated its requirements for the school meals it provides. These changes are reflected in the new school meal tray.

Be a role model:

Encourage students to choose a well-balanced meal so they can be healthy and ready to learn. SMART meals don't stop at school. Students learn from watching adults. They take their lead from you. Model eating a well-balanced diet, and your student will eat well too.

SMART SCHOOL MEALS enhance learning

Studies prove the importance of child nutrition programs:

"Consumption of school meals is positively related to children's intakes of key food groups at lunch and breakfast. Offering more fresh fruit, whole grains and a greater variety of vegetables could lead to additional health benefits."

School Meals: Types of Foods Offered to and Consumed by Children at Lunch and Breakfast. JADA, Vol. 109, Issue 2, Supplement pages S67-S78 (Feb 2009)

The Dietary Guidelines recommend that whole grains make up at least half of the grains you eat each day.

"Only 7% of children ages 2-19 years meet the Dietary Guidelines recommendation for whole grains."

M.K. Crepinsek, et al. The Third School Nutrition Dietary Assessment Study: Findings and Policy Implications. JADA, Vol. 109, Supplement pages S7-S17 (Feb 2009)

School meal participation is important to student health and academic success.

"School lunch participants consumed more nutrients: protein, vitamin A, vitamin B-12, riboflavin, calcium, phosphorus, potassium, and zinc at lunch than non-participants."

M.K. Crepinsek, et al. The Third School Nutrition Dietary Assessment Study: Findings and Policy Implications. JADA, Vol. 109, Supplement pages S7-S17 (Feb 2009)



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T **R** **A** **I** **S**



Idaho State Department of Education/Child Nutrition Programs (SY 2012-2013)

Make Half Your Grains Whole

- For healthy
 - Heart
 - Digestion
 - Weight
- Fuels kids to stay alert and concentrate at school

Go Lean with Protein

- A variety of lean meat/ meat alternative choices
- Grade-appropriate portion sizes & calories for optimal health

Milk

- Nutrient rich
- Low fat and fat-free varieties

MAKE HALF YOUR TRAY FRUITS & VEGGIES

Focus on Fruits

- Critical for health
- Important for disease prevention
- Provides key nutrients

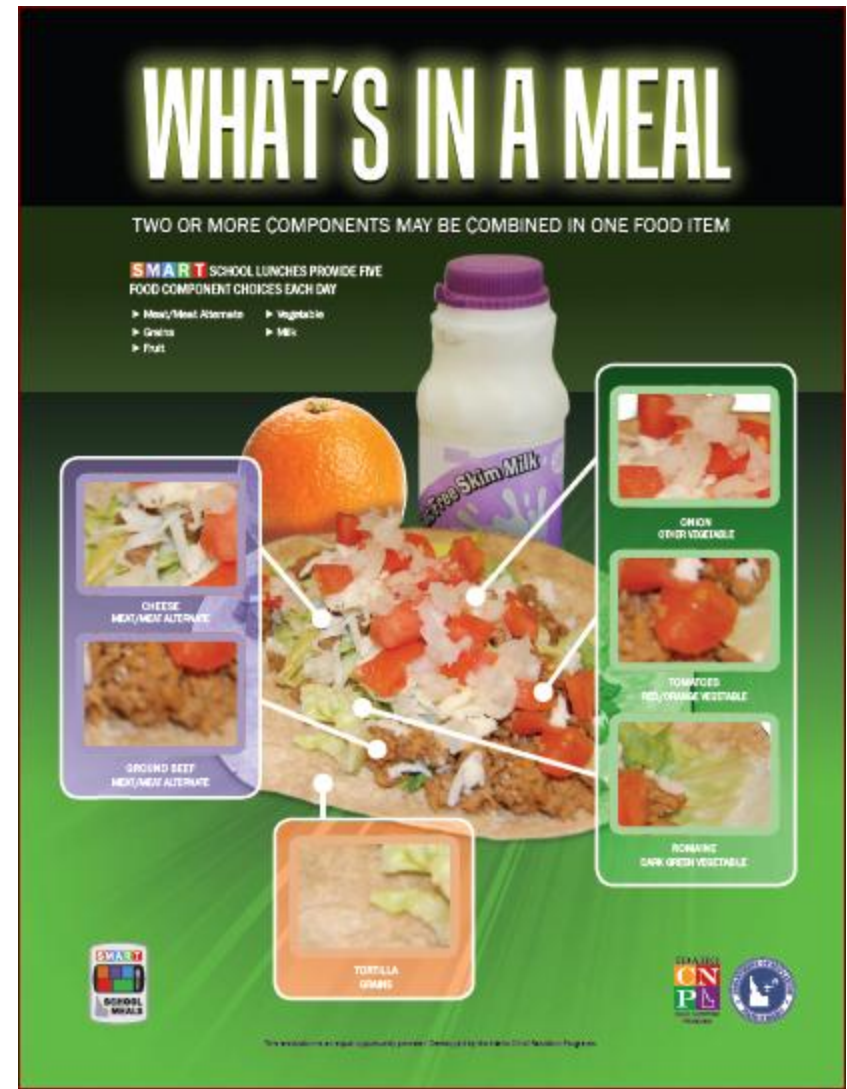
Vary Your Vegetables

- Healthy and lower calorie alternative for snacks
- Eat a variety
 - Red/Orange (sweet potatoes, red peppers)
 - Dark Green (romaine, broccoli)
 - Legumes (lentils, kidney beans)
 - Starchy (peas, corn)
 - Other (green beans, asparagus)



This institution is an equal opportunity provider. Developed by the Idaho Child Nutrition Programs.





http://www.youtube.com/watch?v=_CTe1TGD8II



Questions?

Call 208-332-6820

